

Attn: Health & PE Co-ordinator



Presents the:

2005 State Health and Physical Education Conference

Westminster School
April 28th & 29th

TICK & PASS ON

- Health & PE Coordinator
- School Counsellor
- Sports Coordinator
- *be active* - Let's Go Committee
- Governing Council

Supported by:



be active.



3.00 - 3.20PM

AFTERNOON TEA

3.20 - 4.50PM

SESSION 3:

3.1 Tai Chi/Chi Kung Relaxation for Schools (Pre, JP, Prim, MY, Sec)

An introduction to some safe, easy to learn and teach exercises, which are suitable for indoor or outdoor venues. This session provides relaxation techniques that energise, so come along and experience a relaxing session. Practical Session

Presenter: Allan Kelson, Tai Chi and Chi Kung Institute

3.2 Walk and Talk: A language, literacy and physical activity program for young children (Pre, JP)

'Walk and Talk' is a NEW innovative, easy to use and fun resource program. 'Walk and Talk' provides ideas and materials to support the integration of language development and early literacy with talking excursions.

Presenter: Jane Taylor, Centre for Health Promotion

3.3 Tenpin Bowling for your school (Pre, JP, Prim, MY, Sec)

We have a School Program available for all schools including a Port-a-Bowl, which we will use to demonstrate how to teach students to bowl correctly (this is taken to all schools we visit). The students and teachers enjoy our sessions so come along and enjoy our innovative sport of bowling!. Practical Session.

Presenter: Jan Braunholz, Tenpin Bowling Australia

3.4 Football Education and Games in Schools (JP, Prim, MY, Sec)

The SANFL in conjunction with the AFL are keen to promote a holistic view of football within school class groups. The SEPEP or Football Education program looks at a 6-week football unit that can be included in school curriculum covering all areas of the game from playing to sports administration. Practical Session.

Presenters: Josh Vanderloo and David Bradley, SANFL

3.5 Lacrosse - the Challenge! (JP, Prim, MY, Sec)

This sport which originated with the Native Americans offers a unique challenge to your students. Participants will learn the techniques, skills and main teaching points of the non-contact form of Lacrosse. Practical Session.

Presenter: Craig Treloar, Ridgehaven Primary School

3.6 Primary/Middle School Health Programs (Prim, MY)

Learn how to put together a primary/middle school health program. Is it relevant to your students? This interactive session will explore a range of resources and support materials to assist your delivery of a quality Health Education program.

Presenter: George Evreniadis, Christies Beach High School

3.7 Developing a Quality PE Program (JP, Prim, MY, Sec)

This session will provide educators with a useful exploration of what constitutes a quality PE program in R-7 and Secondary schools. This presentation is based upon the work of NASPE (USA) and was first presented by Professor Robert Pangrazi. A highly recommended session for Coordinators, Principals and Teachers charged with responsibility for PE and physical activity programs in schools. -[Session part of the *be active-Let's go stream*](#)

Presenter: Rick Baldock, DECS

3.8 Team Handball (Prim, MY, Sec)

Looking for a fun and an innovative sport to rev up your PE Program? Come and join us, learn the Olympic sport played in more than 100 countries around the world. A great game that can be played by all anywhere. Practical Session.

Presenters: Jeff Fischer, Caritas College and Roman Golabek, Bethesda College

3.9 Have a ball with canoeing! - Try an introductory canoe polo session for teachers. (MY, Sec)

It's like a cross between basketball and dodgem cars on water! The session will include a short off-water workshop about the game and how it can work in your school, and information about regular competition programs. It will feature a session in the pool showing the basics of the game and how to have a ball! Limited number of participants - swimming gear required!

Presenter: Ian Hume, Canoe South Australia

3.10 Anxiety and School Refusal (Pre, JP, Prim, MY, Sec)

This presentation looks at anxiety and ways of managing anxiety within a school setting. The presentation will have a focus on school refusal and will include a video on social phobia and a case study as well as many useful resources.

Presenter: Rick Thompson, CAMHS School Support

3.11 'Be Active Take Steps - Pedometer Activities for Schools' (Prim, MY)

Based on Australia's Physical Activity Recommendations for Children and Youth. Ideas to develop skills for active living, increasing children's awareness of daily physical activity and sedentary entertainment patterns, self monitoring and goal setting.

Presenter: Natalya Giffney, Centre for Health Promotion

3.12 - Exercise Physiology and training principles - (Senior Sec)

This will be an informative workshop session of major concepts and discussion of training principles and energy systems. The session will also feature an explanation of a number of successful training programs. Teachers have the opportunity to update knowledge, clarify issues, work in small groups and ask questions in this area.

Presenter: Nik Hagicostas, South Australian Sports Institute

5.00 - 6.00PM

HAPPY HOUR

Join in this excellent networking opportunity. First drink is free and be in the draw for random door prizes.